

It's All About ME: Making a Difference For Post-Birth Mothers

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MISSION AND VISION

MISSION

The mission of the Prevention and Health Promotion Administration is to protect, promote and improve the health and well-being of all Marylanders and their families through provision of public health leadership and through community-based public health efforts in partnership with local health departments, providers, community based organizations, and public and private sector agencies, giving special attention to at-risk and vulnerable populations.

VISION

The Prevention and Health Promotion Administration envisions a future in which all Marylanders and their families enjoy optimal health and well-being.

Disclaimer/Disclosure

Disclaimer: The information provided in this presentation is not a substitute for medical guidance. Instruction remains necessary for mothers/families obtaining services with MIECHV to consult their healthcare professional to receive treatment instructions regarding questions and concerns. Resources are cited. Statements of opinion from my personal experience should not be construed as fact or expert guidance.

Disclosure: None

Objectives

- Recognize the value of patient, heart and family-centered care while home visiting.
- Understand the value of home visitors as an integral part of the maternal care team.
- Increase understanding of the “Fourth Trimester”.
- Learn the Post-Birth warning signs to support prevention of maternal mortality.

Home Visiting

- Goals
- Challenges
- Strategies

Care Service Approach

- Client-Centered Care: responsive to individual needs and values
- Heart-Centered Care: intentional practice to create empathetic emotional connection
- Family-Centered Care: strengthening the capacity for families to attain their goals

Making a Difference with HEART

Heart-Centered Care: “utilizing loving-kindness as a catalyst for change.”

H: helping with humility

E: educate with encouragement

A: acknowledge and advocate

R: responsive to family needs

T: thank you to transform

Do You Know...

What is the “Fourth Trimester”?

- A. Punk rock band
- B. Postpartum support group
- C. 12 week period following the birth of a baby

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Fourth Trimester

FOR BABY: From birth to 3 months old.

FOR MOTHER: The first 12 weeks following delivery.

- Long-term health and well-being for mother and baby.
- Adaption to physical, social, and psychological changes.
- Development of a postpartum care plan.
- Obstetric care visit – within first 3 weeks ~ within 12 weeks postpartum.

Common Concerns for Post-Birth Mothers

- Physical
 - Fatigue
 - Pain
 - Self-care
- Psychosocial
 - Maternal role attainment
 - Body Self-Image
 - Intimate Relationships
- Care of Infant, House and Family
 - Infant Needs
 - Needs of Other Children
 - House Maintenance
 - Household Logistics

Recommendations

- Post-birth care - an ongoing process.
- Obstetric care visit – within first 3 weeks ~ within 12 weeks postpartum.
- Anticipatory post-birth care plan.
- Reproductive life plans.
- Policies for optimizing care and support.
- Reimbursement policies for postpartum care.

Do You Know...

How many live births were there in Maryland in 2016?

A. 73,073

B. 67,025

C. 84,321

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Do You Know...

About what percentage of women do not attend a postpartum visit?

A. 10%

B. 75%

C. 40%

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Do You Know...

What was the average number of maternal deaths reported in Maryland between 2011-2015?

A. 26

B. 45

C. 10

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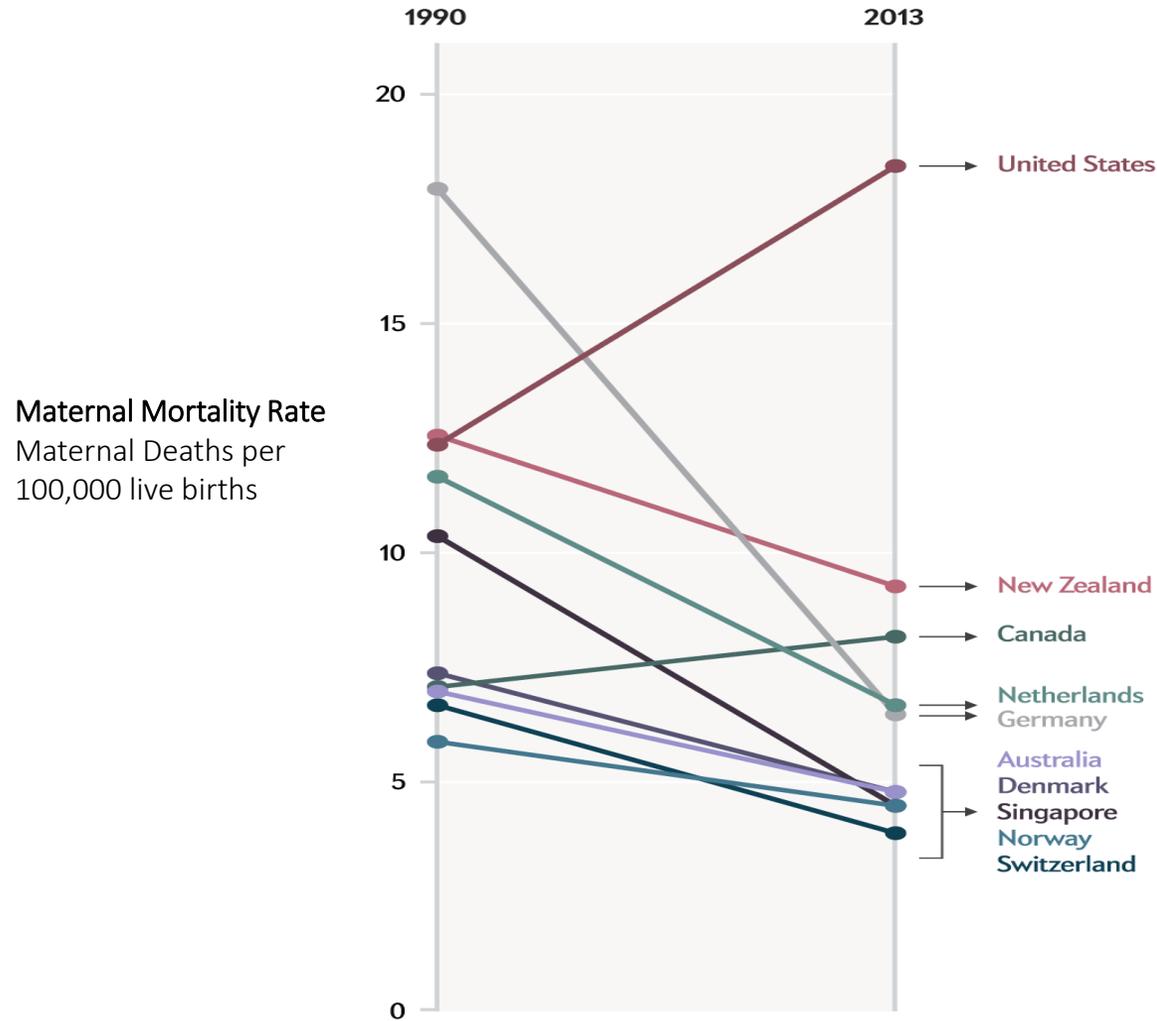
C. 10

Maternal Mortality Data Review

Key Definitions

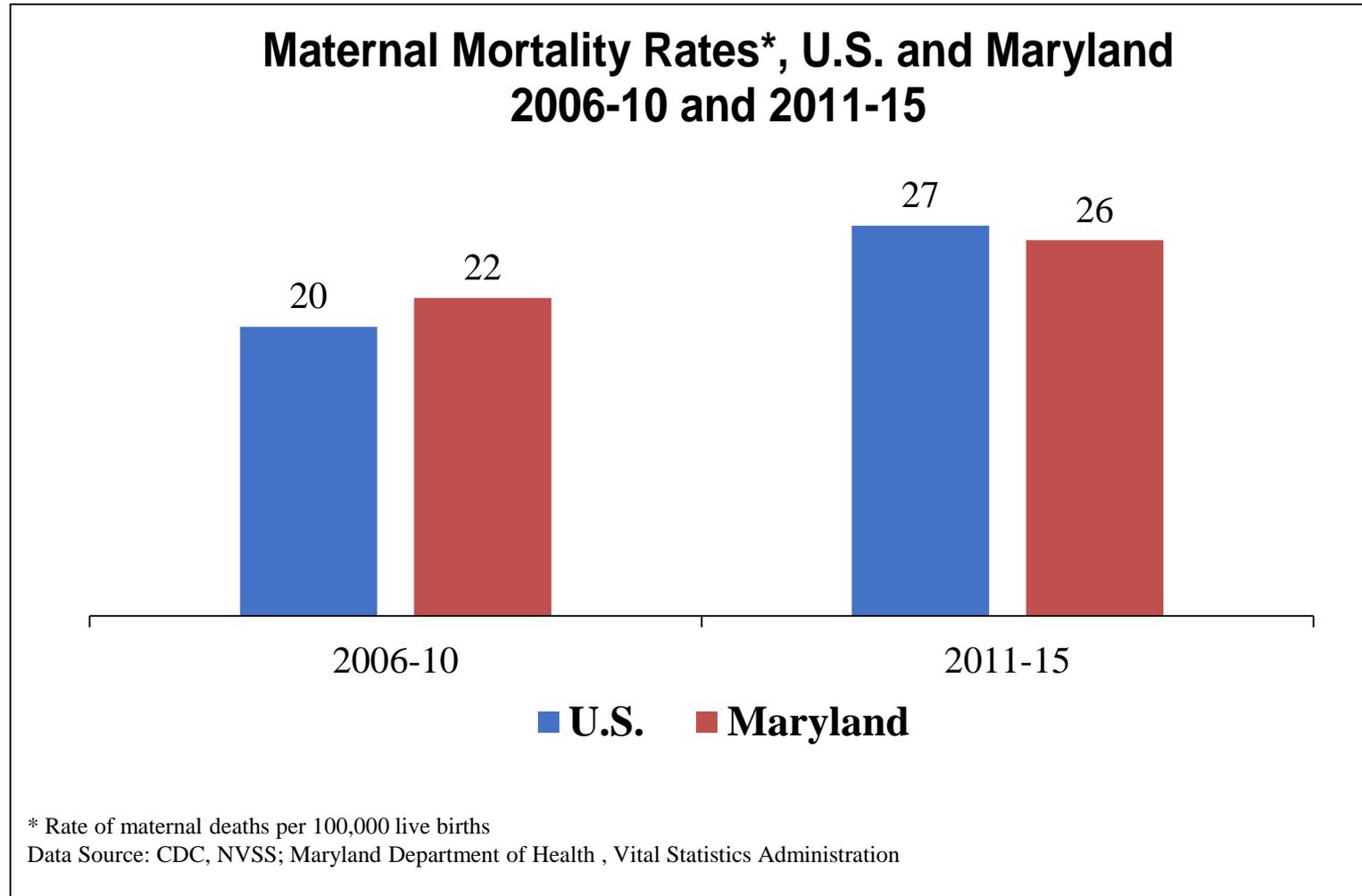
- **Maternal death** - death of a woman while pregnant or within 42 days of termination of pregnancy, irrespective of the duration and site of the pregnancy, from any cause related to or aggravated by pregnancy or its management but not from accidental or incidental causes.
- **Pregnancy-associated death** - death of a woman while pregnant or within one year or 365 days of pregnancy conclusion, irrespective of the duration and site of the pregnancy, regardless of the cause of death.
- **Pregnancy-related death** - death of a woman while pregnant or within one year of conclusion of pregnancy, irrespective of the duration and site of the pregnancy, from any cause related to or aggravated by her pregnancy or its management, but not from accidental or incidental causes.
- The **mortality rate** is the number of deaths per 100,000 live births.

Maternal Mortality Rate in Developed Countries

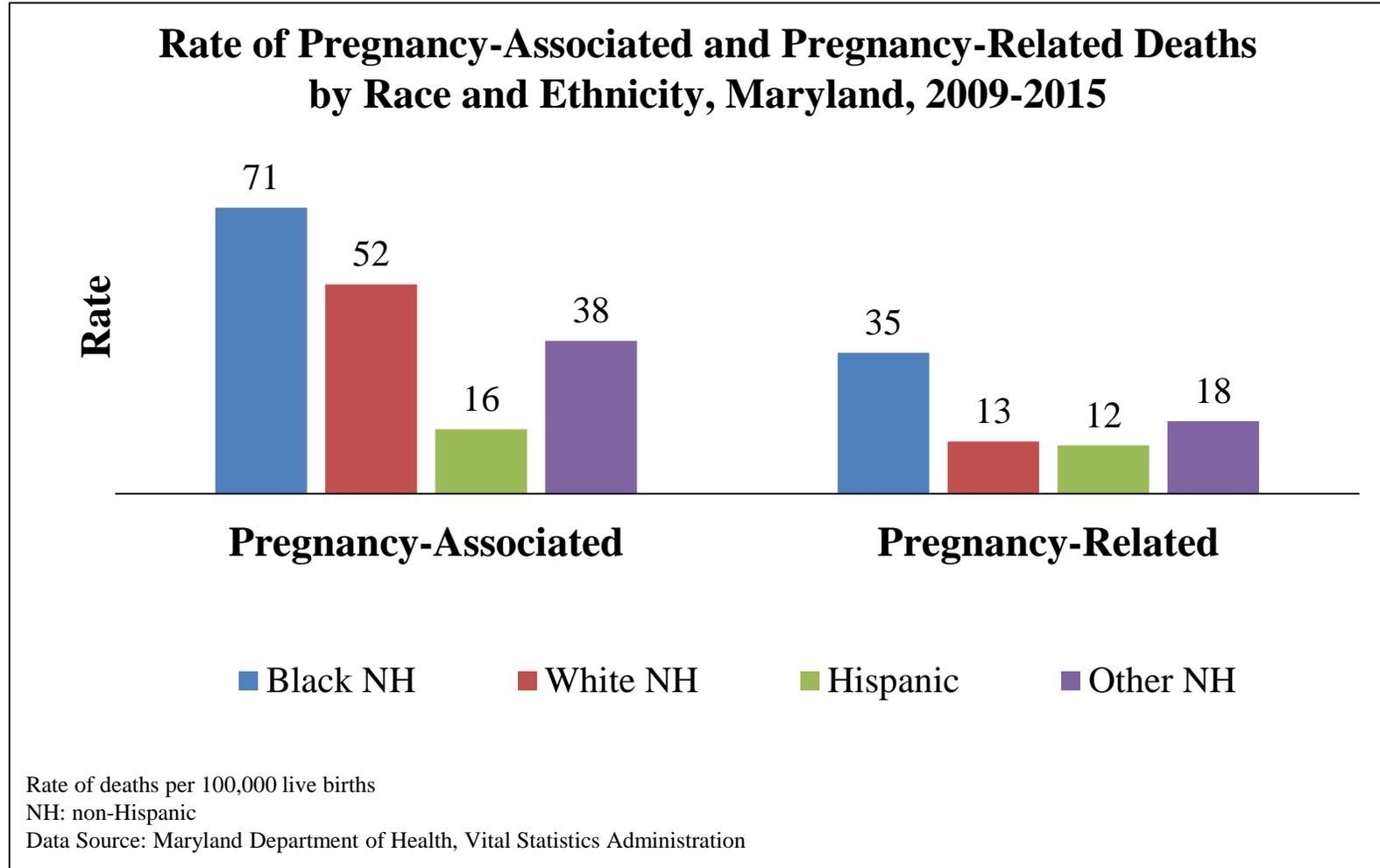


Source: Scientific American , 2015

Maternal Mortality Data Review



Maternal Mortality Data Review



Do You Know...

How many pregnancy-associated deaths were reported in Maryland in 2015?

A. 56

B. 35

C. 41

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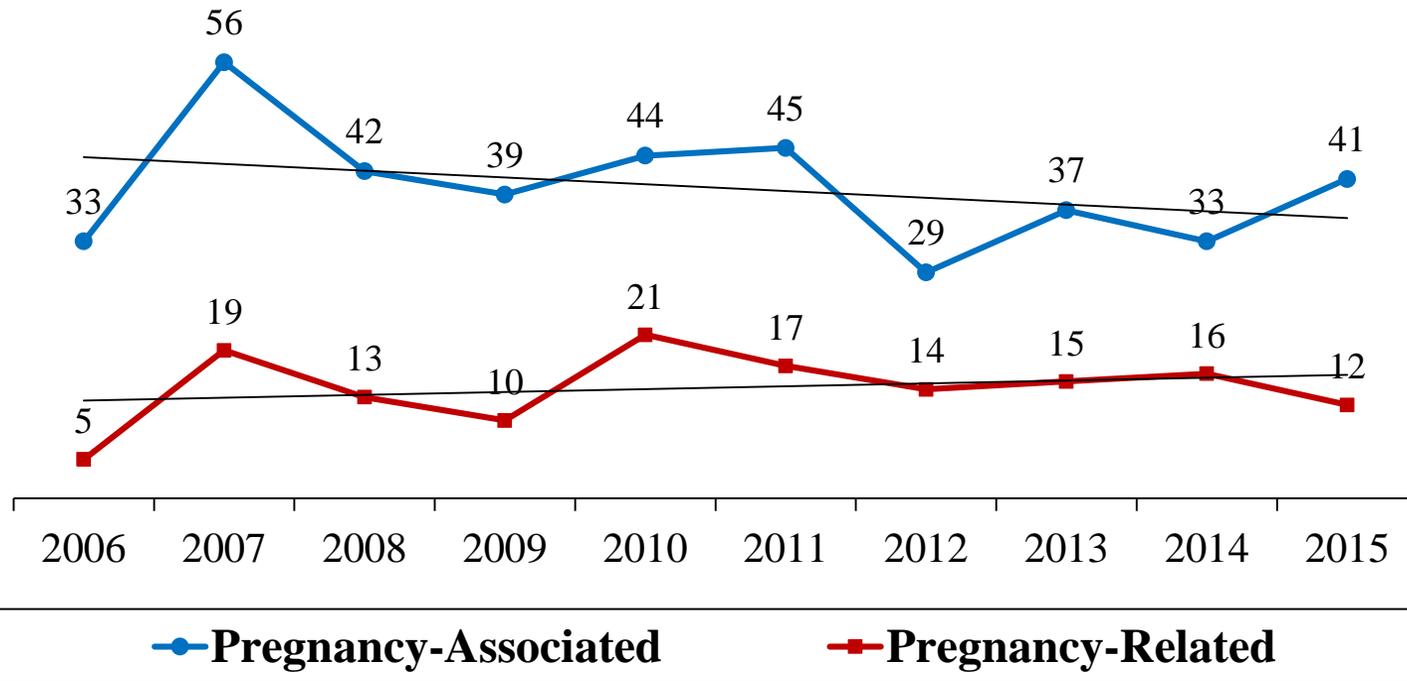
A. 56

B. 35

C. 41

Maternal Mortality Data Review

Number of Pregnancy-Associated* and Pregnancy-Related Deaths, Maryland, 2006 - 2015**



* Deaths of women from any cause while pregnant or within 365 days of pregnancy

** Deaths of women while pregnant or within 365 days of pregnancy from any cause related to or aggravated by pregnancy

Data Source: Maryland Department of Health, Vital Statistics Administration

Do You Know...

What is the leading cause of pregnancy-related deaths reported in Maryland?

- A. Infection
- B. Hemorrhage
- C. Amniotic Fluid Embolism

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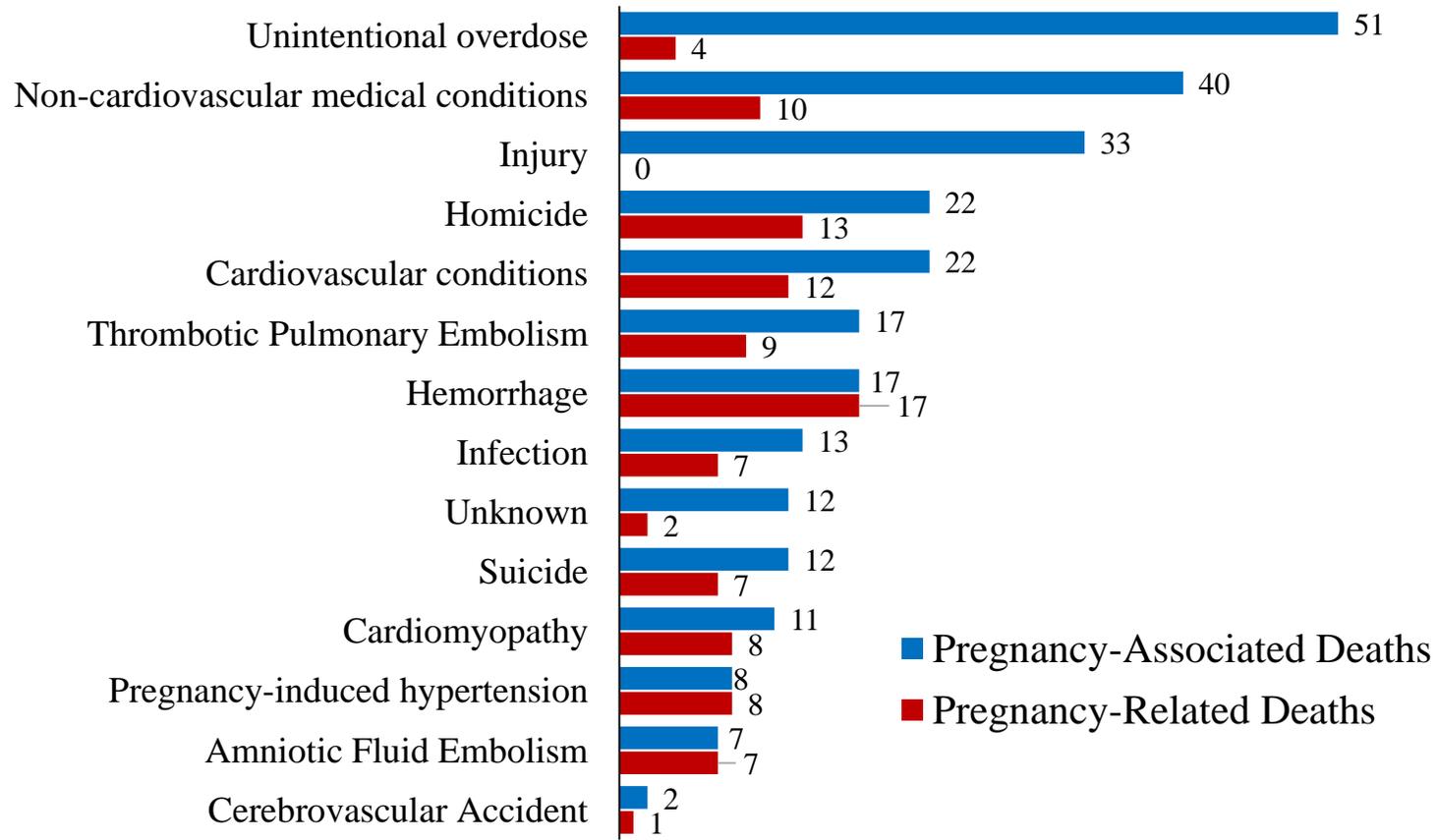
A. Infection

B. Hemorrhage

C. Amniotic Fluid Embolism

Maternal Mortality Data Review

Number Pregnancy-Associated and Pregnancy-Related Deaths by Cause of Death, Maryland, 2009-2015



SAVE YOUR LIFE:

Get Care for These POST-BIRTH Warning Signs

Most women who give birth recover without problems. But any woman can have complications after the birth of a baby. Learning to recognize these POST-BIRTH warning signs and knowing what to do can save your life.



Call 911 if you have:	<input type="checkbox"/> Pain in chest <input type="checkbox"/> Obstructed breathing or shortness of breath <input type="checkbox"/> Seizures <input type="checkbox"/> Thoughts of hurting yourself or your baby
Call your healthcare provider if you have: <small>(If you can't reach your healthcare provider, call 911 or go to an emergency room)</small>	<input type="checkbox"/> Bleeding, soaking through one pad/hour, or blood clots, the size of an egg or bigger <input type="checkbox"/> Incision that is not healing <input type="checkbox"/> Red or swollen leg, that is painful or warm to touch <input type="checkbox"/> Temperature of 100.4°F or higher <input type="checkbox"/> Headache that does not get better, even after taking medicine, or bad headache with vision changes



Tell 911 or your healthcare provider:

"I had a baby on _____ and
(Date)
 I am having _____"
(Specific warning signs)

These post-birth warning signs can become life-threatening if you don't receive medical care right away because:

- **Pain in chest, obstructed breathing or shortness of breath** (trouble catching your breath) may mean you have a blood clot in your lung or a heart problem
- **Seizures** may mean you have a condition called eclampsia
- **Thoughts or feelings of wanting to hurt yourself or your baby** may mean you have postpartum depression
- **Bleeding (heavy), soaking more than one pad in an hour or passing an egg-sized clot or bigger** may mean you have an obstetric hemorrhage
- **Incision that is not healing, increased redness or any pus** from episiotomy or C-section site may mean you have an infection
- **Redness, swelling, warmth, or pain in the calf area of your leg** may mean you have a blood clot
- **Temperature of 100.4°F or higher, bad smelling vaginal blood or discharge** may mean you have an infection
- **Headache (very painful), vision changes, or pain in the upper right area of your belly** may mean you have high blood pressure or post birth preeclampsia

GET HELP My Healthcare Provider/Clinic: _____ Phone Number: _____
 Hospital Closest To Me: _____



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Office of Quality Initiatives Programs

- Fetal and Infant Mortality Review
- Child Fatality Review
- **Maternal Mortality Review**
- Pregnancy Risk Assessment Monitoring System
- Babies Born Healthy (infant mortality reduction)
- Perinatal Neonatal Quality Collaborative
- Perinatal System Standards and compliance reviews
- Maryland Perinatal Support Program
- Child Abuse and Neglect Medical Providers

QUESTIONS

Something to Think About

FEEL

THINK

ACT

Home Visitors Plant Seeds for Positive Outcomes with Families



Resources

- ACOG Committee Opinion No. 736. (2018). *Obstetrics & Gynecology*, 131(5), e140-e150. doi:10.1097/aog.0000000000002633
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- WHO | Maternal mortality ratio (per 100 000 live births). (n.d.). Retrieved from <http://www.who.int/healthinfo/statistics/indmaternalmortality/en/>
- Woodward, S. (2018). Your voice is needed to create the 1st woman-centered, postpartum, self-care website. Retrieved from <https://www.mombaby.org/2018/4thtrimestersurvey/>



**Maryland Department of Health
Prevention and Health Promotion Administration**

<https://phpa.health.maryland.gov>